

# My Heart Care Action Plan

My name:

Date:

My address:

Name of my doctor or clinic:

Phone number of my doctor or clinic:

Who to contact for me in case of an emergency (family member or friend to call):

(Name)

(Phone number)

**Your Healthcare Plus** phone number : 1-800-973-6792

## I should talk to my doctor or clinic TODAY if:

1. It is harder for me to breathe than usual.
2. I have more swelling than usual in my hands, feet or ankles.
3. I gain \_\_\_\_\_ pounds or more in one week.

## I should get help RIGHT AWAY if:

1. I have chest pains.
2. My heart feels like it is beating fast for 5 minutes or more.
3. One side of my body starts tingling or feels weak.
4. I have a very hard time breathing.

## I should ask my doctor these questions:

1. Should I take an Ace-inhibitor to protect my heart?
2. Should I take a beta-blocker to protect my heart?
3. Should I get a flu shot every year in the fall?
4. Should I get my cholesterol checked every year?
5. What should my blood pressure be?

<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No

\_\_\_\_\_ / \_\_\_\_\_



Your **Healthcare Plus**<sup>TM</sup>  
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a free benefit of

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Healthcare and  
Family Services

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# Heart Care Action Plan

(continued from other side)

## I should do these things to help me stay healthy:

1. I should weigh myself every morning after I go to the bathroom and before I eat.
2. I should write down what I weigh every day.
3. I should tell my doctor about any problems I have with my medicines.
4. I should keep taking my medicine until my doctor tells me to stop.
5. I should not smoke.
6. I should get checkups when my doctor tells me to.
7. I should get my blood pressure checked at each visit.
8. I should eat healthy and get some exercise every day.



I exercise or am active \_\_\_\_\_ days each week for \_\_\_\_\_ minutes.

## My medicines:

Name of my medicine	How much I should take	How often I should take this medicine	This medicine is for:

## Other things I should do:

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